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MINDEN

Vol. 2, Number 27

R.R. 2, Minden, Ontario K0M 2K0

Telephone: 489-2036

Wednesday, July 12, 1978

Coboconk Doctor lashes out at Provincial policies

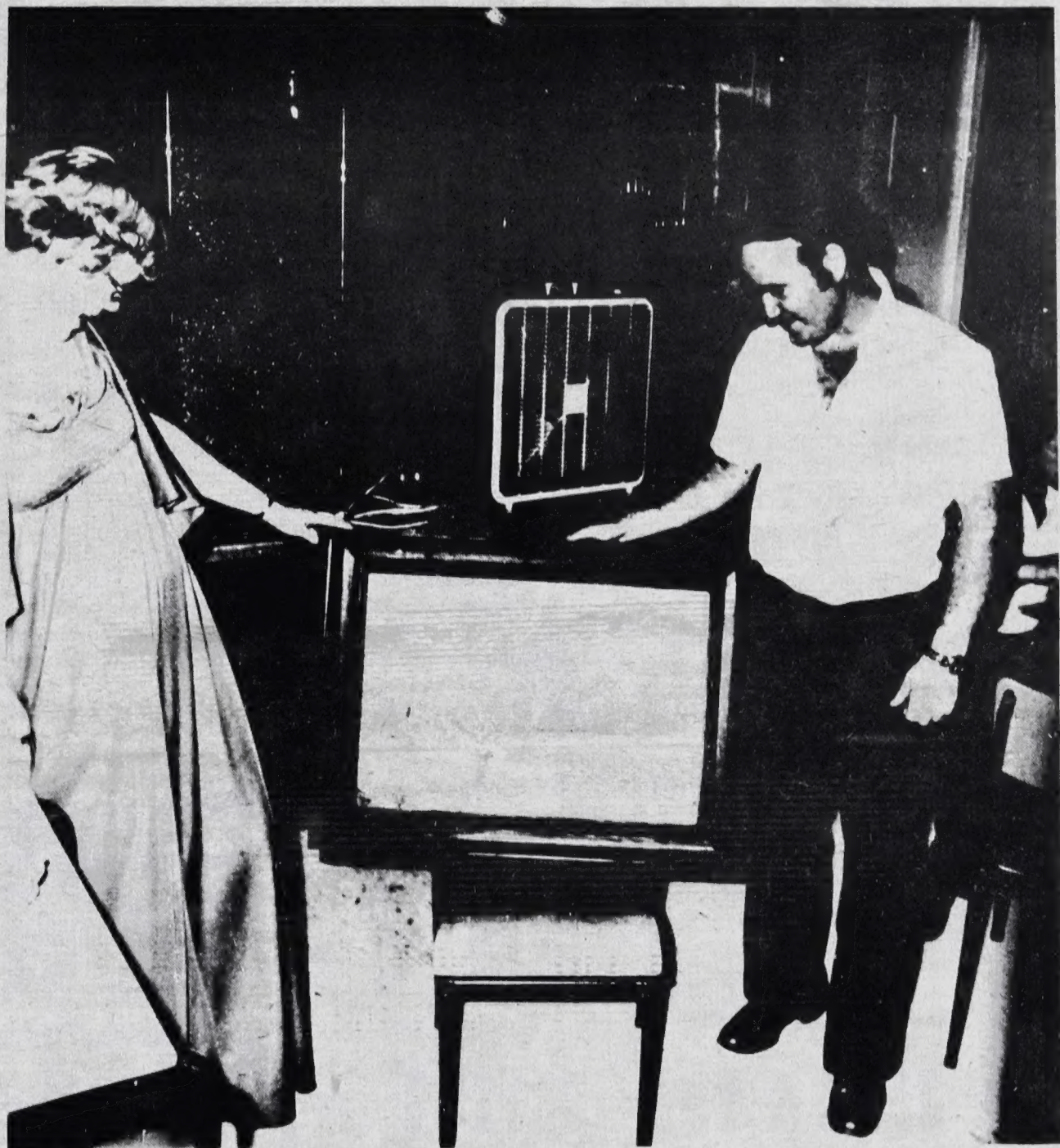
COBOCONK — Dr. R. E. Jamieson has lashed out at barriers he claims have been placed in the way of hospital services by the Ontario Ministry of Health.

"From 30 years experience, personal experience as a physician and one year serving on the Ross Memorial Hospital Board, a matter of major concern in my opinion, was the creation of a 'District Health Council,' Dr. Jamieson stated."

He termed the district health council, another roadblock between the hospital and the Ontario Health Ministry. Dr. Jamieson said in the past a hospital could proceed with new programs and services but now the new plans and services must be referred to the district health council.

Another matter of grave concern, in the opinion of Dr. Jamieson, is government intervention in private medical practice. He said this is the reason so many Canadian doctors and nurses are leaving Canada to serve in the United States. He referred to the OHIP plan as a monstrosity that is interfering with private practice and health care procedures.

"This country cannot afford to lose so many Canadian trained doctors and nurses to American fields," he stressed, adding that the Canadian public must tell the government not to interfere with health services, "or the public will take drastic steps to remedy the situation."



Pat and Heather Harrington off to Bracebridge

MINDEN — On Friday evening at the Community Centre, Pat and Heather Harrington were given a surprise going away party by their fellow workers of the Ontario Hydro office in Minden. Pat has spent the last 22 years with the Minden office and Heather, 14 years. Last month Pat got word that he had received a promotion he had been hoping for at the Hydro office in Bracebridge. More than 100 people from around the

province, (St. Catharines, Oakville, Toronto, Napanee, Beamsville and Guelph) showed up for the going away party. All employees at Minden pitched in and had this beautiful painting of their former home, a farm on Hwy. 530, painted by Kinmount artist, J. Moraal. Everyone here in Minden wish the Harrington's much success in their new home at Bracebridge.

\$10,200 damages in 5 collisions

MINDEN — OPP report the following activity for July 3-9. During this period staff investigated 19 reportable collisions and two non-reportable collisions plus 108 general disturbances.

On the North Shore Road, on Sunday, a motorcycle caught fire and burned. Estimated damage has been set at \$4,300. William H. Little 23, of RR 1, Minden was riding the bike when it fell on its side. As Little picked the machine up, it caught fire and was totally destroyed. PC Popp investigating.

Christopher Jones 18, of RR 3, Odessa has been charged by police with failing to report a collision forthwith when he was eastbound on the Harcourt Park Road, lost control, turned backwards and his vehicle rolled onto its roof in the north ditch. The car received some \$2500 in damages. Investigating PC Jarvis.

On July 2nd on County Rd. 12, about 10 a.m., Joseph L. Lavoie 21, of Huntsville, was southbound when the 1968 car he was driving skidded off the road on a curve striking a tree. The vehicle received \$1400 in damages. PC Bob Pearson.

Late Monday evening, July 3rd, Mark Lennox 22, of Toronto, received minor injuries and was treated at the Haliburton Red Cross hospital, when the 1966 car he was driving westbound on Hwy. 121, struck some guide posts on the north shoulder and then entered the south ditch. Lennox has now been charged by police with careless driving as a result of the mishap. Damage was set at \$1000, PC Popp investigating.

Just before midnight on Friday, July 7, Terance Leonard 23, of Don Mills, saw his 1977 car damaged for \$1000 when he lost control on County Road 2, and slid into the south ditch and struck a tree. PC Bob Rollins investigating.

Jack and the Jesters coming to Minden, Thurs., July 13th

MINDEN — It took five years to get Rusty "Jack" Sparks and his four-man softball show "Jack and the Jesters" to come to Minden, so don't pass up the chance to see them in action on Thursday, July 13. Joining Jack and his gang to play the Minden Merchants team will be comedians Archie Hamm and Leroy Star. Game time at the Minden Ball field is 8 p.m.

Using only four men in the field, the young pitcher will be throwing pitches from behind his back, between his legs, from second base and using trick windups and deliveries to baffle our local hitters.

OPP Detachments team up charge man for selling liquor

HALIBURTON — Minden OPP personnel teamed up with OPP Special Investigators from Toronto during the evening of Saturday and Sunday, July 8, 9 and as a result of their combined investigation, Erick Witzki 49, of Haliburton was charged with unlawfully selling liquor and unlawfully keeping liquor for sale. Investigation by PC Potter.

So come on out for an enjoyable evening of softball and help support your local team with such top names as Jack Snell, Rick Hartwick, Dave Hartwick, Barry Shaw and Dave Dollo. Tickets are \$2.00 for adults, \$1.00 for students and .50c for children.

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457-2233

Congratulations to Dominion Day winners:
BILL TAYLOR, AGNES ORR, ROBT. EMMETT

5 injured in single vehicle accident on Main St., Minden

MINDEN — In the early hours of Tuesday, July 4th Steven R. Muirhead 20, of St. Catharines, Ontario, was charged by police with failing to wear a seat belt assembly and careless driving. Muirhead was east-bound on Main Street when his 1972 car rolled over and struck a hydro pole.

Muirhead plus four passengers suffered injuries in the collision and were treated at Minden Red Cross hospital. The most serious injury was to Eileen Martayan 18, of Agincourt, while minor injuries were suffered by the driver Muirhead and passengers Lynne Stevenson 18, of Agincourt, James Crawford 18, of Minden and Margaret Welch 18, of Peterborough.

Estimated damage to the car was set at \$5,000. PC Pearson investigating.

Mississauga man killed in 'jimmy' truck in Haliburton

HALIBURTON — Early Tuesday evening on Pine St. in Haliburton, one man was killed and the driver injured when the truck they were in went out of control, struck an embankment rolling on its side.

William T. Baker 21, of Mississauga was killed when the "Jimmy" struck the embankment throwing him out of the passenger window and the vehicle rolled over on top of him.

Randy S. Colliver 22, of Haliburton, driver of the truck, has been charged by police with dangerous driving.

Coroner was Dr. Harry Good of Haliburton. No inquest was held, however a post mortem was held in Peterborough on Wednesday, July 5th.

Investigation by PC Dennis Potter of Minden.

Highlights of AHM council meeting held June 28th

MINDEN — A rather lengthy meeting of Anson, Hindon and Minden council was held last Wednesday with some brief highlights of this meeting as follows: a motion was passed by council that the August 7th Civic Holiday be held on Monday, Sept. 18th. An addition to the H. Toddy cottage on the Gull River was denied by council as it contravenes bylaw 14-67 and its amendments.

Council made application under the Parks Assistance Act to purchase fencing materials in the amount of \$11,764.00, being the lowest quotation received. The fencing will be used at the Minden park.

A fire agreement was made between AHM and the Township of Stanhope. Standby payments were raised by Stanhope to \$1000 from \$575 and hourly rates were raised from \$75 for the first hour to \$100 and to \$75 for each additional hour from 35. This new agreement will take effect next year.

Council approved the location of Gary Wootton's Stop-A-While mobile canteen at the Allsaw General Store upon receipt of a health certificate and Ministry of Transportation and Communications approval plus a transient traders licence being issued upon receipt of the aforementioned.

Council also forwarded a letter to Bell Canada requesting that a telephone be installed immediately at Rotary Park for emergency use.

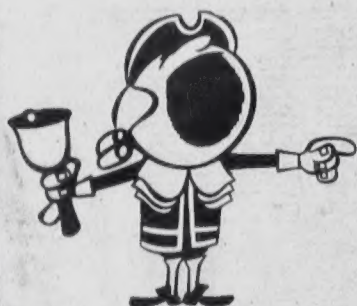
Council also approved the purchase of a three-way caution light for erection at the intersection of Newcastle and Main Sts. for the sum of \$374.

You were asking . .

Several respondents to the readers that printing in two for-recent survey on usage of the mats: standard paper and typed Consumer Bulletin commented copy for those who don't require on the format and expensive the "camera-ready" copy, and paper.

The columns are a standard width and the paper of a quality which permits direct reproduction. Since the paper may be pasted down directly it should not be folded, hence the large envelopes.

It may be of interest to our readers that printing in two for-recent survey on usage of the mats: standard paper and typed Consumer Bulletin commented copy for those who don't require on the format and expensive the "camera-ready" copy, and paper.



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HEAR YE**

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TO YOUR COMMUNITY
DON'T PASS UP THIS CHANCE
TO SEE THEM IN PERSON**

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RUSTY "JACK" SPARKS

**RICK PAYCHEX
SHORTSTOP**

**LES BARBER
CATCHER**

DON'T PASS UP THIS CHANCE

TO SEE THEM IN PERSON

VS. MINDEN MERCHANTS

DATE Thursday, July 13th

PLACE MINDEN BALL PARK

TIME 8 P.M.

TICKETS adults \$2.00 students \$1.00

children .50c

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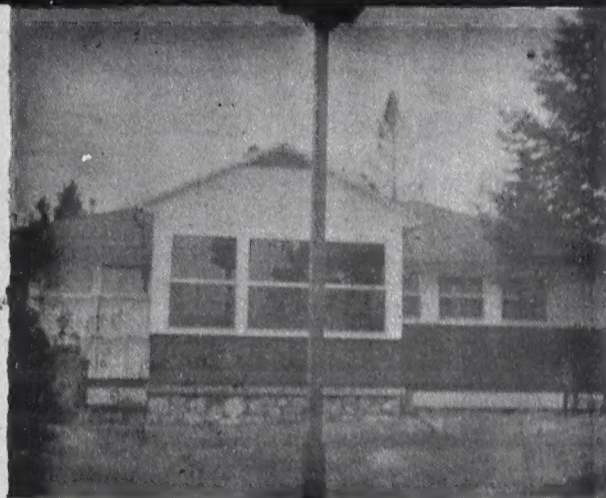
FREE

Real Estate Guide

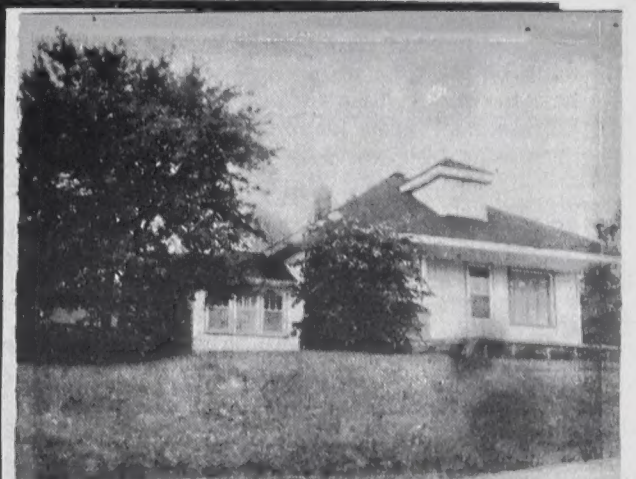
HOMES, LOTS, COTTAGES, ACREAGES, WATERFRONT PROPERTIES



HALIBURTON — Beautiful 3 bedroom home with L-shaped living room and dining area, kitchen and full basement, FAO heat, good water supply, 2½ acres nicely landscaped overlooking lake. Priced to sell. Contact Marshall Leighton at 457-1234 or 457-1464. Marshall Leighton Real Estate Broker.



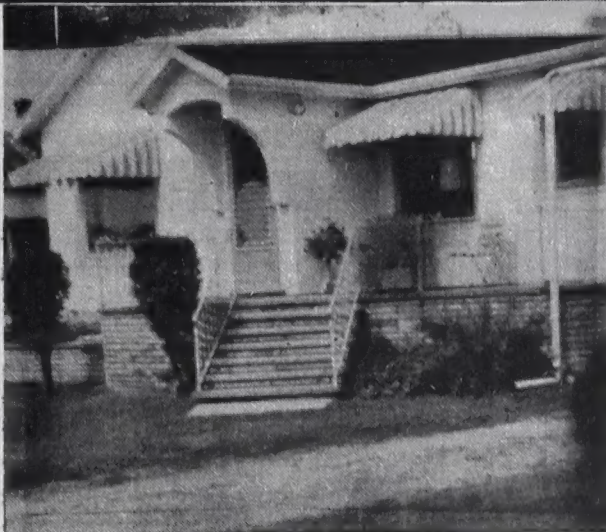
SHADOW LAKE — Estate Sale. Beautiful view plus sand beach with guest chalet complete with bath and kitchen on year round township road. Also a steel storage building. Call North Star Realty Inc., Realtor, Cobocok 454-3367.



MINDEN VILLAGE HOME — \$45,000 terms. A lovely 3 bedroom home, 1½ storey, full bath and basement, large DR, large L.R., 2 car garage, heated sun room (or office) on large 77'x176' lot. Oil furnace, excellent condition. A nice corner landscaped lot setting with excellent garden. Newell & McInerney Ltd., Realtors. Minden 286-1551.



LITTLE GLAMOUR LAKE — Brand new custom built three bedroom cottage. Oversized wooded lot with 178 ft. of shoreline. Very private setting. \$42,300.00. Bowes & Cocks Limited, Realtors. Haliburton 457-2220, Minden 286-2381.



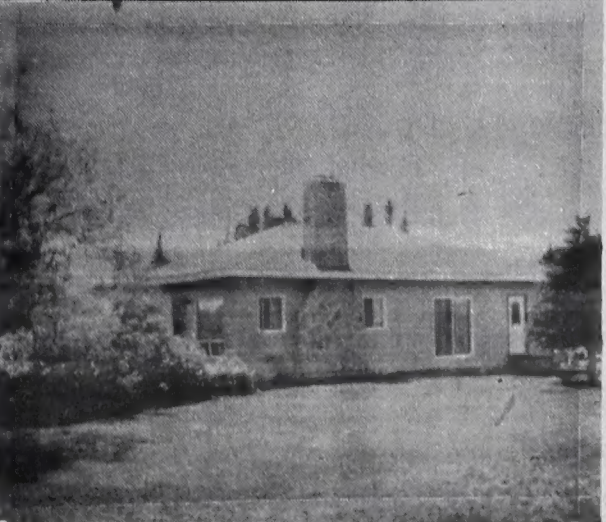
MINDEN — Immaculate 1 or 2 bedroom home, broadloom throughout, fully insulated basement with new FAO furnace. Overlooks Gull River, just steps from downtown. Contact Dean Elliott, Floyd Hall Real Estate. Minden 286-1270.



HIGHWAY 530 LOCATION — New three bedroom frame bungalow. 4 pc. bath, kitchen, living room, sunroom and deck. Immaculate condition, must be seen. List \$45,000. Terms. Jack Ricard Real Estate, Haliburton 457-2218.



\$39,500 — 700 ft. lakeshore plus 12 wooded acres for maximum privacy. Most of lake bordered by Crown Lands. Good fishing, westerly exposure. 2 bedroom cottage, needs upgrading. Bob Austin 286-2882 or 286-2082 or 489-2624. Robert Case Realty Limited, Realtor, Minden.



DONALD AREA — Newly renovated 2 bedroom home in Donald. Large stone fireplace in livingroom, farm style kitchen with separate dining room with custom cabinets, den with woodstove, 4 pc. bath and full basement, 1 car garage and storage shed, flat level lot excellent for garden. Contact John Parish at 457-2611 or 457-2986. R. J. Brohm Real Estate Broker.

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The Highlands Express

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Summer Theatre underway in the Highlands of Hal.

Summer Theatre continues this week with the Theatre 5's production of "Rough Magic" a Shakespearean cabaret, a pot pourri, conveying the spirit and variety of the plays of Wm. Shakespeare.

Sections from about 25 plays have been woven together logically and dramatically in Rough Magic and presented with considerable energy and comic interest. Hamlet, Rosalind, Hal, Richard, Bottom, Cleopatra, the Bawds, jesters, Kings and lovers are just some of the characters to be seen in Rough Magic. This production is meant to be accessible to all, even the most casual of theatre goers.

While touring, Theatre 5 plays to a variety of age groups and they find this very refreshing. This ability to have a broad appeal is unusual for touring groups, which usually limit themselves to a specific audience. Curtain time is 8:30 p.m.

JUST FOR YOU!

A new home, a used home
a new car, a used car—
You Can Find It All In
The Classified Columns
Of The Highlands Express

Crossword Puzzle

Here's the Answer

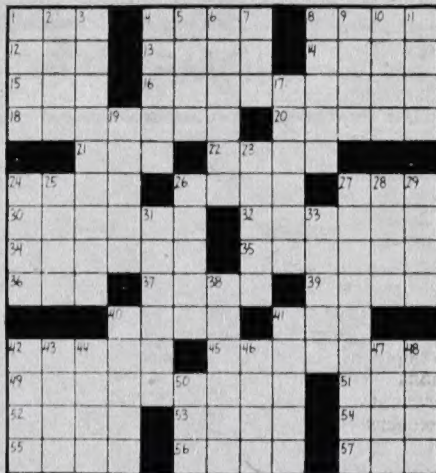
Around Home

ACROSS

- 1 Furnace fuel
- 4 — spring mattress
- 8 Yard
- 12 Home decorating, for instance
- 13 Monster
- 14 Toward the sheltered side
- 15 Ocean
- 16 Home covering (2 words)
- 18 — or papered walls
- 20 Small (coll.)
- 21 Legal matters
- 22 Long periods
- 24 — pudding
- 26 Hurling
- 27 Health resort
- 30 Eluded
- 32 Found in a china closet
- 34 Concentration camp
- 35 Whole
- 36 Compass point
- 37 Get out, eat!
- 39 Golf devices
- 40 Made in the kitchen (pl.)
- 41 Father's retreat
- 42 Fine cotton thread
- 45 Began
- 49 Can be done in the recreation room
- 51 Mountain in Asia Minor
- 52 Greek porch
- 53 Cue
- 54 Indian weight
- 55 Nursery knickknacks

DOWN

- 1 Pant
- 2 Region
- 3 Access to the basement
- 4 Taxes and upkeep, for instance
- 5 Eye
- 6 Turkish decrees
- 7 Runt
- 8 Hair-hold
- 9 Century plan
- 10 Advertising sign
- 11 Rebel against
- 17 Volcano-like
- 19 Require
- 23 Beginning
- 24 Communists
- 25 Carrier and
- 26 Draw forth
- 27 Botanist, for instance
- 28 French father
- 29 War god of Greece
- 31 Simpler
- 33 Speak
- 38 Attack
- 40 Entreaties
- 41 Italian poet
- 42 For fear that
- 43 Proposition
- 44 Cense
- 46 Found in the pantry
- 47 Home of Adam and Eve
- 48 Missile
- 50 Durable article



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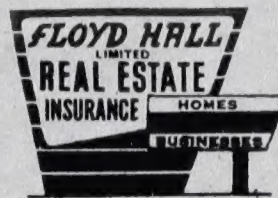
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Homes will use less energy, builder's lobby leader says

Citing frustration with the "fairlyland" of government regulations, the head of Canada's builders' lobby last week vowed the Canadian construction industry will take upon itself the task of substantially chopping the amount of energy used by new Canadian homes.

"Because builders have the opportunity to make a substantial contribution in energy conservation, we have encouraged the establishment of a national energy code to be part of the National Building Code," William Small told the annual industry luncheon of the

Toronto Home Builders' Association.

Small, a Mississauga developer and president of Glen Leven Properties Limited and New Peel Development Corporation, is the 1978 president of the Housing and Urban Development Association of Canada (HUDAC), which represents builders and developers from across the land.

"Hugh Molland of Wimpey Corporation was our nominee to the committee set up to develop such a code," Small said. "Hugh, however, was soon submerged within a group of

16 civil servants from the Ottawa fairyland.

"The result, as you might expect, is that the code that is now proposed is confusing, impractical, unenforceable, based on pure theoretical calculations, giving no recognition whatsoever to the problems that could be created," Small said.

To develop an alternative to the proposed federal code, HUDAC will establish a research organization with a vowed purpose of finding ways to build "technically practical and economically possible" homes that will use only 50 per cent of the energy

used by homes built to present standard.

To be called Threshold 80, the research program will have a target date of 1990 for halving energy use, Small said.

Small cited several examples where "theoretical" energy-saving techniques resulted in more problems than they solved.

For example, in Kamloops, B.C., where B.C. Hydro has encouraged substantial upgrades in insulation, including the use of baseboard heating, they are beginning to develop several condensation

problems," he said.

"Condensation on or around windows is so extensive it destroys the finish on the interior walls. B.C. Hydro, when faced with the need for an immediate solution to this problem, recommends that windows be left open on cold days, defeating the whole purpose of greater insulation."

The HUDAC research program, to be administered by an independent body known as the Housing Research Trust, would prevent a repeat of similar incidents, Small said.

SUBURBIA



"I don't know why we're doing this. Didn't we plant flowers last year?"

Anyone who thinks the steam engine is dead hasn't seen our boss with 200 pounds of pressure built up.

Minden council say no to Gov. leasing of town dock

MINDEN — A letter received from Fisheries and Environment Canada was read at the last meeting of AH&M council. The federal government wants to lease the dock on the Gull River in Minden to the municipality for \$100 a year. However, council felt that the government has a misunderstanding as to the size of this dock.

If the government was to lease the dock from council, then it would charge anyone using it. Reeve, Reg Booth, said that the government official at the Ministry who wrote the letter, is picturing something far bigger than we have here.

Council will be forwarding a letter to the Ministry stating that the municipality derives no revenue from the dock, and that it is used by residents of other areas and tourists to tie up boats throughout the summer to visit Minden and its retail outlets.

Your
Message
Gets
Across
Better
IN
WANT ADS

People who have no troubles to speak of often write letters to the editor.

Good News

State Farm Fire and Casualty Co. policyholders were greeted with a pleasant surprise recently when the mailman delivered not a bill but a cheque from the company.

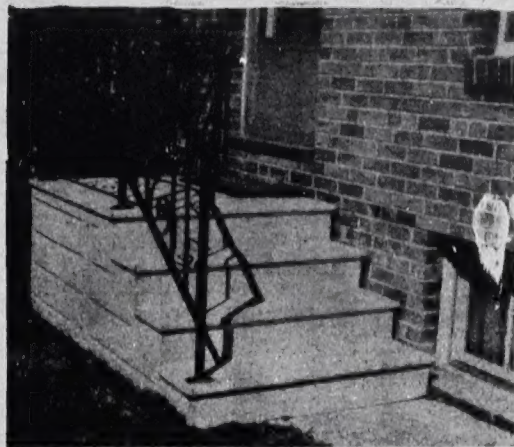
The cheque represents the policyholder's share of the company's excess revenue which the anti-inflation regulations require be returned to the consumer. Having excess revenue does not necessarily imply that the company has contravened the Anti-Inflation Act. However, the Board requires the company to submit a plan for eliminating the excess in a manner which will benefit the customers of the company. State Farm has cooperated with the AIB in returning the excess directly to its current policyholders.

Accompanying the cheque was a "Good News" card crediting "Canadian Anti-Inflation Board regulations" for the premium refund.

NEWMARKET PRE-CAST CONCRETE PRODUCTS

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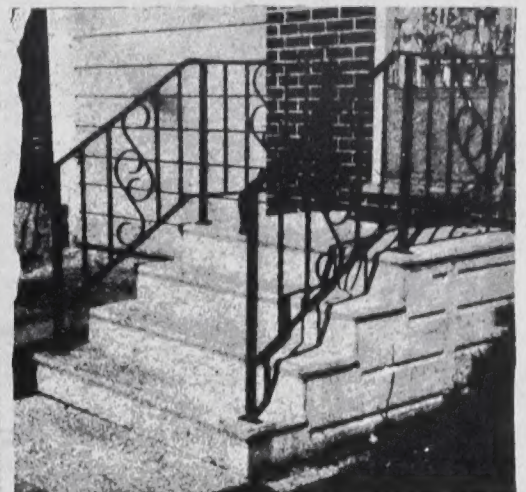
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- CURBING

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KEEP SCORE SHEETS TO BALANCE DIET

One doesn't have to be a nutritionist to maintain a nutritionally balanced diet. By remembering a few basics, a sound daily diet balanced in all the nutrients necessary for good health can be achieved with little effort.

It is important to remember that no one food can provide all the nutrients needed to sustain good health. The Kellogg Nutrition Council points out that many different foods are needed — some to supply proteins, some to give minerals and vitamins, and others to contribute carbohydrates.

Protein foods such as meats, fish and poultry are body building foods. Protein is the chief tissue builder and the basic substance of every cell in the body. Protein also helps to make hemoglobin, the blood protein which carries oxygen to the cells and carries carbon dioxide away from the cells. Proteins also form antibodies that fight infection and supply energy.

Canada's Food Guide recommends the average person include at least two servings of protein foods each day. Other protein foods which can be substituted for meats, poultry and fish are dried beans, eggs and cheese.

Fruits and vegetables supply us with many of the vitamins and minerals not available in other foods. A person should have four to five servings of fruit or vegetables each day to make sure they are getting

enough of these vitamins and minerals. A serving of citrus fruit, such as an orange or its juice, or tomatoes, high in vitamin C should be included each day.

This vitamin helps the body ward off sickness and also helps form and maintain the material that holds body cells together and strengthens the walls of the blood vessels.

Another important vitamin found in fruits and vegetables is vitamin A, which is needed for normal growth, good vision, and healthy skin. Good sources of vitamin A are dark green leafy vegetables such as broccoli and orange or yellow vegetables and fruits such as sweet potatoes, carrots and apricots.

Three to five servings of bread and cereals supply the body with energy-giving carbohydrates so important for normal activity. These foods also add many vitamins and minerals necessary for several functions within the body. Today's ready-to-eat cereals are fortified, which means that vitamins and minerals have been added to the cereal for extra nutritional value.

Dairy foods such as milk, cheese and ice cream are the



Start your own nutrition scoreboard and, eventually, a balanced diet will come naturally.

main sources of calcium which is the most abundant mineral element in the body. Proper amounts of calcium-rich foods are needed to ensure healthy bones and teeth. Children especially need 3 to 4 servings of milk or other calcium-rich foods while they are growing up. Adults, too, need several servings of calcium-rich foods each

day.

A nutrition checklist is one way to ensure a balanced daily diet. Keep in mind what foods should be eaten at each meal, what foods are needed twice a day and those which should be included once each day. Eventually, the process will become natural and a written checklist will not be needed.

Watch
for
**Mrs.
Fogg's**
coming
soon!

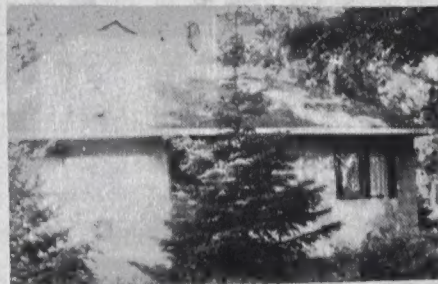


#111 MINDEN VILLAGE \$23,900 on corner lot. Town water and sewers available. Antique stone foundation, good basement. Could make an excellent home (20'x30') or office. Wood furnace.



#114 MINDEN 3 miles on paved road \$39,900 on lovely large treed lot. 1012 sq. ft. 3 brm, LR, DR, utility rm, all broadloom, electric furnace, plumbing, good well, walk-out basement, fridge, stove, rangehood with \$5000 down, carries for \$325 mth. with \$10,000 down, \$278 mth. You can move in immediately why pay rent any longer?

#101 MINDEN HOME. Reduced to \$32,500. or best offer with a low down-payment. Excellent value, 2 acre lot, among pine trees. Faced with local granite stone and aluminum. 4 pc. plumbing, FAO, full basement and drilled well, 2 large bedrooms. Taxes are \$260. You can't live any cheaper!



#121 TWELVE MILE LAKE \$45,000 terms. Delightful cottage on level pt. 200' lakeshore. Cottage has full bath, hot & cold water, stone fireplace, large living room, dining room, and kitchen. 3 bedrooms and mud-room. Space for 4th bedroom if needed. Safe sand beach where the tots can roam.

#69 BIG BOB LAKE \$20,000 for 161' of lakeshore and 19 acres treed with maple, birch, beech and evergreens. The acreage alone is worth the price being asked. The beach is safe and you get the sun all day.

#89 WALKERS LAKE with 40 acre lake, \$40,000. One mile off shoreline and includes almost all of two 100 acre lots about 4 miles from Minden. A bargain, good maple sugar bush.

#72 SOUTH LAKE AREA, \$55,000. 166 acres of wooded property and 100' access to South Lake. 1/2 mile frontage on twp. road, open all year. Well worth looking at.

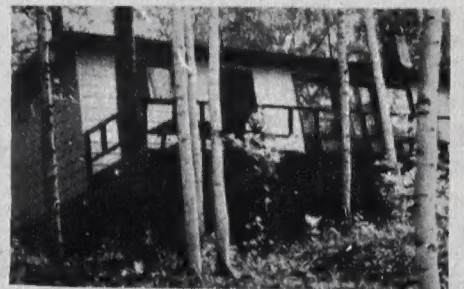


#28 TENT & TRAILER SITE or private heritage 50 acres, 600' lakeshore, \$45,000. On county rd. has all the potential of a \$200,000 development, road to the primeval life that many people will never experience. This is also a take-off point for canoe trips, adjoins Crown Hinterland. Road to lake.

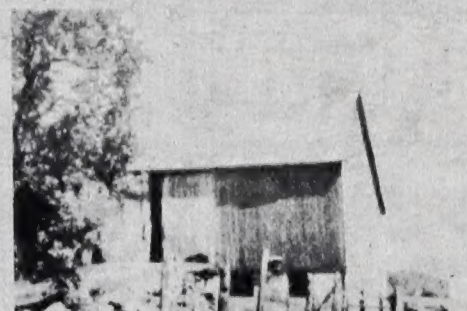


#198 LOCHLIN FARM \$53,900 — \$10,000 down (reduced by \$5,000). The modernized home has 4 bedrooms, DR, LR, large eat in kitchen, complete plumbing and 100 yards off main Hwy. 519. The large excellent bank farm has running water. This 60 acre farm close to crown land with the best bass lake in the land. Sixty acres of arable land to keep 50 head.

WE HAVE 20 HOMES TO SHOW
YOU IN THE MINDEN AREA
FROM \$23,900 UP



#146 GULL LAKE \$39,500 terms. A spacious 20x30 aluminum sided furnished 3 bedroom cottage in new condition on a 100' sand beach. Lot covered with white birch and pine. Panoramic view of lake, just a short distance from Hwy. 35 with year round access.



#93 TWELVE MILE LAKE \$23,500. A 140' safe lakeshore lot on west side. We have lots on most lakes.

#106 KINMOUNT BUSINESS: General store 50'x52' — \$55,000 with excellent terms. Has self-serve area, office walk-in cooler, oil furnace, washroom, all redecorated. Property has 66' river frontage on Burnt River with two 2-bedroom homes. Owner anxious.

#19 ANSON TWP. 100 acres \$18,500 or best offer. Summer road with 1320' frontage. Access to Big Bob Lake 1/2 mile. Within 3 miles of Minden, can be divided. We have others too!

NEWELL & McINERNEY Ltd., Realtor
1978 Buyers' Guide

For Haliburton, Victoria, Peterborough

Tor. 924-0426 or 705-286-1551 Minden, Ont.



This bread made from corn flakes cereal can be served warm or packed for a mid-morning snack.



Camping Family Style

BY ANGELA AND FORD BOTHWELL

Some like it hot, but when a mid-summer heat wave hits, the heat can get pretty unbearable, not to mention the fact that a heat wave can be especially hazardous to senior citizens and people with heart problems.

If you're camping during a heat wave, here are nine tips to help you survive in the outdoors (and they're also valuable if you're at home). When a heat wave hits, you should:

1) Slow down. Your body can't function at its peak in high temperatures.

2) Reduce your level of activity immediately when your body begins to show danger signs. Find a cooler environment — indoors, under trees, whatever.

3) Dress properly. Lightweight, light-colored clothing reflects heat and sunlight and helps the thermoregulatory system maintain normal body temperature.

4) Watch your diet. Certain foods, such as those high in proteins, increase metabolic heat production and water loss.

5) Drink plenty of water. Heat wave weather can wring you out before you know it.

6) Stay salty — but ignore this tip if you're on a salt-restricted (low sodium) diet. Those who aren't should take an occasional salt tablet or some salt solution when they've worked up a sweat during a

severe heat wave.

7) Avoid thermal shock. Give your body two or three days to adjust when the heat wave hits initially.

8) Vary your environment. Try to get out of the heat for at least a few hours each day. If the campground is hot, head for a cool lake, a swimming pool, even an air-conditioned store or movie theater.

9) Guard against the sun. Sunburn can be more uncomfortable during a heat wave since sunburn impairs the body's ability to cool itself.

Those are just simple tips, but they'll help you survive the next heat wave more comfortably and safely.

Why don't you CLIP OUT THIS COLUMN and refer to it when the next heat wave hits.

A final word about the sun's deadly ultraviolet rays: they can penetrate dining canopies and beach umbrellas, bounce at you off sand and water, and they can penetrate clouds on overcast days and burn you badly. So make caution your byword.

What kind of standards should you look for in the construction, plumbing, heating and electrical systems if you decide to buy a recreational vehicle? For a free brochure, write: "RV Standards," Camping Family Style, c/o this newspaper.

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If you don't know what a clause in a contract is, you've never been snagged by one.

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Tuesday, Aug. 29, 1978 — The Osmonds
Friday, Sept. 1, 1978 — Styx

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(from Minden)

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CARBOHYDRATES GIVE BREAKFAST ENERGY

Carbohydrates are an important part of our daily diets because they supply our bodies with energy to work and play. About 50 per cent of the daily calorie intake for a normal individual should be in carbohydrates.

Carbohydrates are present in foods such as enriched and whole grain breads and cereals, pasta, rice, starchy vegetables such as corn, peas, potatoes and squash and in sweet foods such as jams and jellies.

One way to make sure that you receive your requirement for the day is to begin the day with a balanced breakfast. The Kellogg Nutrition Council suggests a nutritious breakfast featuring juice or fruit high in vitamin C, ready-to-eat cereal and milk, and bread with spread.

One idea to perk up morning appetites is a bread made with corn flakes cereal. It's easy to prepare so that it can be quickly assembled, baked and served warm from the oven with butter and jam. The bread's firm texture makes it a great food to pack for a mid-morning snack at work or school.

GOLDEN CORN FLAKES BREAD

3 cups Corn Flakes cereal
1½ cups regular all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
3 tablespoons sugar
2 eggs
½ cup unsalted butter, softened
1 cup milk

Crush Corn Flakes cereal to measure 1 cup. Set aside. Stir together flour, baking powder, salt and sugar. Set aside.

In large mixing bowl, beat eggs until foamy. Add crushed cereal and butter. Beat well. Stir in milk. Add flour mixture, mixing only until combined. Spread batter evenly in greased 9 x 9 x 2-inch baking pan. Bake in oven at 400°F about 30 minutes or until golden brown and wooden pick inserted near center comes out clean. Cut into squares and serve warm.

Yield: 9 servings.

Help your Heart...
Help your Heart Fund

CFL schedule and TV

REGULAR SEASON SCHEDULE

July 11	Montreal at Ottawa	8:00 CTV	East
July 12	Winnipeg at B.C.	8:00 CTV	West
July 13	Hamilton at Toronto	8:00	—
July 14	Calgary at Edmonton	8:00	—
July 15	Toronto at Montreal	8:00 CBC	East
July 16	Edmonton at Winnipeg	8:00 CBC	West
July 17	Sask. at Hamilton	8:00 CTV	Full
July 18	B.C. at Calgary	8:00	—
July 19	Hamilton at Montreal	8:00 CBC	Full
July 20	Calgary at B.C.	8:00	—
July 21	Edmonton at Toronto	8:00	—
July 22	Winnipeg at Ottawa	8:00	—
July 23	Montreal at B.C.	8:00	—
July 24	Calgary at Edmonton	8:00	—
July 25	Toronto at Hamilton	8:00	—
July 26	Winnipeg at Montreal	8:00	—
July 27	Edmonton at B.C.	8:00	—
July 28	Calgary at Toronto	8:00	—
July 29	Hamilton at Winnipeg	8:00	—
July 30	Montreal at Ottawa	8:00	—
July 31	B.C. at Edmonton	8:00	—

August 1	Hamilton at B.C.	8:00	—
August 2	Ottawa at Edmonton	7:30 CTV	Full
August 3	Montreal at Toronto	8:00	—
August 4	Sask. at Winnipeg	8:00	—
August 5	Toronto at Ottawa	8:00 CTV	East
August 6	B.C. at Montreal	8:00 CTV	West
August 7	Edmonton at Hamilton	8:00 CTV	Full
August 8	Winnipeg at B.C.	8:00 CBC	Full
August 9	Calgary at Toronto	8:00 CTV	Full
August 10	Montreal at Winnipeg	8:00 CBC	Full
August 11	Edmonton at B.C.	8:00	—
August 12	Calgary at Hamilton	8:00 CBC	Full
August 13	Toronto at Montreal	8:00 CTV	East
August 14	Winnipeg at B.C.	8:00 CTV	West
August 15	Edmonton at Ottawa	8:00 CTV	Full
August 16	Calgary at Hamilton	8:00 CTV	Full
August 17	Montreal at B.C.	8:00 CTV	Full
August 18	Winnipeg at Toronto	8:00 CTV	Full
August 19	Edmonton at Ottawa	8:00 CTV	Full
August 20	Calgary at B.C.	8:00 CTV	Full

Sun 17	Hamilton at Montreal	2:00 CBC	Full
Sun 18	Edmonton at Sask.	2:30	—
Sun 19	B.C. at Calgary	2:00 CTV	Full
Sun 20	Montreal at Hamilton	8:00 CTV	East
Sun 21	Sask. at Ottawa	2:00 CBC	Full
Sun 22	B.C. at Winnipeg	2:30	—
Sun 23	Calgary at Edmonton	2:30 CBC	Reg.
Sun 24	Ottawa at Toronto	8:00 CTV	East
Sun 25	Winnipeg at B.C.	8:00 CTV	West

October 1	Edmonton at Montreal	2:00 CBC	Full
October 2	Calgary at Sask.	2:30	—
October 3	Toronto at B.C.	8:00 CTV	Full
October 4	Montreal at Hamilton	2:30 CBC	Full
October 5	Ottawa at Winnipeg	2:00 CBC	Full
October 6	B.C. at Edmonton	2:30 CTV	Full
October 7	Hamilton at Toronto	8:00	—
October 8	Montreal at Ottawa	2:00	—
October 9	Edmonton at B.C.	2:30	—
October 10	Calgary at Sask.	2:00 CTV	East
October 11	Winnipeg at Hamilton	8:00 CTV	Full
October 12	Toronto at Montreal	2:00 CBC	Full
October 13	Calgary at B.C.	2:30 CTV	West
October 14	Winnipeg at Ottawa	2:00 CTV	Full
October 15	B.C. at Edmonton	2:30 CBC	Reg.
October 16	Calgary at Sask.	2:30 CTV	Full

November 4	Ottawa at Montreal	2:00 CTV	East
November 5	Edmonton at B.C.	8:00 CTV	West
November 6	Toronto at Hamilton	2:00 CBC	East
November 7	Calgary at B.C.	2:00 CBC	West

November 11	EFC Semi-Final	CTV	Full
November 12	WFC Semi-Final	CTV	Full
November 13	Final	CBC	Full
November 14	WFC Final	CTV	Full
November 15	EFC Final	CBC	Full
November 16	Grey Cup at Toronto	CBC-CTV	Full

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RUSTY JACK SPARKS IS GROWING



A BOY'S DREAMS CAN COME TRUE

While most of the youngsters his same age were playing Cowboys and Indians, "JACK" Sparks was practicing and working on his pitching game. As you can see in the photo above, Jack at a very young age, was under the wing and watchful eye of Eddie (KING) Feigner, the World's greatest softball pitcher.



BOTH IN SIZE AND POPULARITY

Young Sparks will tell you, that being taught how to pitch and practice properly by Eddie Feigner was the greatest thing that has ever happened to him.

Is it any wonder that he is the great pitcher and showman that he is today.

Growing in popularity with each and every performance, it's just a

matter of time before the requests and demands for his appearances exceeds the time that he has available to give.

For those who plan to

schedule Jack & the Jesters for a game in their area this season we suggest that they get their requests in and as soon as possible.

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3 KM SOUTH OF
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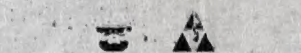
ATOM SOFTBALL SCHEDULE

July 18—Gooderham at Stanhope—7 pm.
July 20—Haliburton at Minden—7 pm.
July 25—Minden at Stanhope—7 pm.
August 2—Stanhope at Haliburton—6:30 pm.
August 3—Gooderham at Minden—7 pm.
August 6—Stanhope at Gooderham—6 pm.
August 9—Minden at Haliburton—6:30 pm.
August 13—Haliburton at Gooderham—6 pm.
Ross Ballantyne, Stanhope Coach, 489-2267
Robert Wells, Minden Coach, 286-2864
Jack Detler, Gooderham Coach, 447-2824
Murray Kuno, Haliburton Coach, 457-2753



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Thinking Slim

BY JEAN NIDETCH

Why do you think people put frosting on a cake? Of course, it tastes good — adds a little something extra to the texture and consistency of the business underneath.

But more than that, I think, frosting satisfies and attracts the eye and as you and I both know, the eye and the stomach are closely related. (Never mind what it says in anatomy books!)

That's why it's so important to make everything you eat while you're striving for goal weight — and after, when you're maintaining it — look as appealing as possible.

I'm not just talking about chopping up parsley and using it on top of, say,

carrots or boiled potatoes. Or even making sure there's a dash of red — pimento, tomatoes, etc. — in a green salad for variety.

I'm talking about those little frills you see in restaurants that add just the right touch to just about everything.

Well, as long as I've mentioned a green salad, how about garnishing one with radish roses, carrot curls and some frills of celery?

It certainly doesn't take much (if I can garnish, you

can garnish!) and just to make sure you have all the knowledge you need beforehand — here it comes!

Radish roses: Look at the radish, first, then cut into it all around as if you were cutting it into a diamond. But don't cut all the way through. Now put it and its colleagues in a bowl of ice water so the rose opens up. Voila! Radish

roses ready for use, after draining.

Carrot curl: Simply pare a carrot into long thin shavings with a vegetable parer, then roll the pieces and fasten them with a toothpick. One pick to one carrot shaving. Give them the "ice water" treatment, too, for several minutes and when you drain them and remove the toothpicks,

they'll curl on their own.

Celery frill: Use cut into two-inch strips. Make sure you wash cut off any "string" pare the outer skin cut long slits into it up to the center, drain and frill as meat, poultry, sal anything that catches the eye.

TV PARADE

MORE WOONG — The ABC affiliates convention came shortly after the CBS affiliates convention.

In many parts of the country, TV stations are affiliated with more than one network and the aim of these proceedings is to let everyone know that your product (whichever network you may be) is the best and should be selected for local use.

NBC will be having a meeting later this year because Fred Silverman is in the process of officially taking over.

FAST FINISH — The surprise of the entertainment at ABC's whoop-de-do was Kate Jackson, in a new curly hairdo, appearing as a stand-up comic.

She had all the mannerisms down pat — the eyes hastily moving from side to side, not missing anything, the unsmiling face (she did smile once and ad libbed, "I forgot I knew how to smile"), the high-powered delivery and the line punctuations on each joke.

She started slowly, but then anyone who knows Kate knew she really wasn't comfortable with the role. At least to start, since there is nothing like getting laughs to make a performer enjoy what's going on.

Anyway, she sounded very New York ethnic in her delivery. She had some funny and some awful lines and she wound up being very cute and at ease.

ONLY GROUNDED ANGEL — Kate was the only one of "Charley's Angels" present, although David Doyle was there and none other than "Charley" himself, John Forsythe. Lots of jokes were made about the fact that Donny Osmond and Henry Winkler have both just been married and were on their honeymoons. The regular cast of "The Love Boat" — Gavin MacLeod, Lauren Tewes, Bernie Kopel, Fred Grandy and Ted Lange, were the major performers, singing a long, long medley about all of the ABC shows. Sounded pretty good, too. The stars of the network were introduced and after the introductions were completed, they all came off the stage and mingled with the affiliates. Nicely done.

Outspoken is what happens when you lose the argument.

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FREE VOTES EVERY DAY

1000 Votes just for coming in!

VOTES ON DIFFERENT DAYS BASED ON COLOURS, HEIGHT, WEIGHT, AGE, DISTANCE, ETC.

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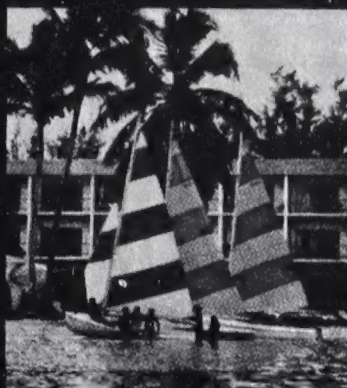
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AT 2:30 P.M.

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- 5th ROUND WHAT NOT SHELF STAND in Colonial Maple.
- 6th Your Choice ANY LAMP in stock up to \$40.00 value..
- 7th PEACOCK WALL MIRROR, 20"x36".
- 8th ROUND WOODEN PLANT STAND — Tripod Base.

PLUS

AN INTERIM DRAW HALFWAY THROUGH

ON SATURDAY, AUGUST 5 at 2:30 p.m.

ALL REGISTERED CONTESTANTS ARE INVITED TO BE PRESENT TO PUT THEIR NAME IN A "HAT" AND DRAW FOR

NOT ONE—BUT 3

BEAUTIFUL, CANOPIED, 3-PASSENGER **LAWN SWINGS**

(Similar to the ones in the picture)

Come on in and we'll tell you all about it.

inden hammers Beaverton r 42 hits and 28 runs

DEN — The Merchants have now run their win-streak to three games this week, with a pair of sided wins over a very bad Beaverton team.

On Tuesday evening in Beaverton, Minden racked in a total of 24 hits and scored 13 times to win by 13-2. Rick Hartwick led the way with a perfect for five night at the plate and scored four times. Shaw, Jack Snell and Gene Newell each had hits while Larry Kerfl picked up a pair along Dave Dollo. Snell got the win, his third of the on against three losses.

Then on Wednesday evening at the ball park, Merchants hung a 15-0 shellacing on Beaverton now own the worst record in the league, 13 is without a win.

The third inning proved to be Beaverton's down-as many errors led to an 11 run inning for Min-Snell and Kent led the 18 hit attack with three each while Rick and Dave Hartwick, Dollo and is Steele each had a pair. Rick Hartwick picked he win, his fifth of the season against two losses late inning relief from Barry Shaw.

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NOTICE TENDERS

Community Cemetery Vault

Tenders clearly marked as to contents will be received by the undersigned until 5 pm, July 21, 1978 for construction and completion of a Community Cemetery Vault at the Twelve Mile Lake United Church.

Specifications and tender forms are available at the Township Offices of Anson, Hindon and Minden AND Stanhope during normal working hours.

Lowest or any tender not necessarily accepted.

(Mrs.) Elinor Burke, A.M.C.T. Clerk
Townships of Anson, Hindon & Minden
Minden, Ontario. Ph. 286-1260.

Gerald C. Bain, Clerk,
Township of Stanhope
RR #1, Haliburton, Ontario.
Ph. 489-2379.

Jolly Green Thumb BY MARY FUREY CRYMES

Two often-overlooked problem solvers for the gardener turned landscaper are vines and ground covers. If you're confronted with a hard-to-handle area, one or both of these might be just what's needed.

Many gardeners believe that ground covers are the ultimate answer to all problems — care free, handy coverups for anything. It's true they're useful for bare patches and hard-to-mow areas, and are good soil-holders and erosion preventers. But it's not true they are totally maintenance-free. Like all plants, they need tidying up and some attention to look their best. Ground covers serve as replacements for annuals in borders and finish off a landscaping plan in many ways, but they do have to be trimmed and kept in line. Unchecked, they'll spread everywhere, covering the parts you're proud to display.

A garden center can tell you the kinds of covers recommended for your area. Begin by preparing soil with nutrients just as you would for a lawn. Consider mulching to cover up the bareness until the seedlings grow together and form the dense carpet you're looking for. Keep after weeds and pull them as they're spotted.

Vines of all kinds have always been used by the savvy gardener to add beauty and color. Anything permanently rooted can be used to train trailing, flowering vines. Fences, trellises, rock walls, all lend themselves to vining. Food growers lean towards peas, cukes, beans and climbing tomatoes, but there's also a world of lovely ornamental vines that will screen off the patio, define yard areas and hide some problem. Most vines add lush color and fragrance while they do their good work.

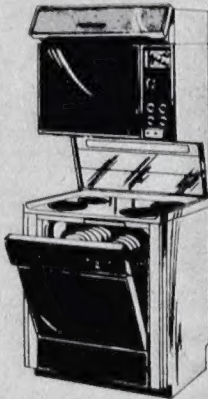
Nature has a solution for every garden problem. Check into ground covers and vines to solve some of yours.



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washes
dishes!



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Think small

by Jim Smith

Bureaucrats Bungle!

Let's forget about the snappy introductions and humorous quips this week. The fact is, this column is about something that should make every one of us hot under the collar.

Last September, the Canadian Federation of Independent Business proposed an Employment Tax Credit (E.T.C.) to fight unemployment. The plan was impressively simple: companies that increase their employment could deduct part of the extra wage bill from income taxes.

Emphasizing simplicity, the Federation proposed that employment be measured according to the size of the firm's Unemployment Insurance Insurable Earnings (U.I.E.) package — the portion of the firm's total wage bill that is subject to U.I.C. deductions. If the firm's U.I.E. total went up (after adjustment for inflation), the firm could deduct part of the increase from its taxes. Since U.I.E. earnings are already calculated by the firm, the program would have involved no additional bookkeeping.

Well, the government got its hands on the proposal. And, sure enough, the whole business has been fouled up beyond belief — so badly, in fact, that the entire program will likely flop.

First off, the government decided that all hiring must be handled through Canada Manpower offices (or union hiring halls in the construction trades) — even though most independent businessmen would rather go out of business than deal with Ottawa's historically inept labour exchange.

Then the bureaucrats decided that all eligible workers must have been unemployed for at least eight weeks — and registered with Canada Manpower for that long. So workers who have just lost their jobs or just started to hunt down their first job can't rely on E.T.C. support to help them. A good worker freshly unemployed may not be able to get another job for two months because he doesn't qualify for a government subsidy. Meanwhile, employers (who are supposed to be convinced that E.T.C.s justify extra hiring) face additional restrictions on their freedom of choice in workers.

Above all, Ottawa's fuzzy thinkers require employers to swear that extra workers would not have been hired without the E.T.C. incentive. Employers who lie are subject to stiff penalties. But, as CFIB President John Bulloch fumed, "No one requires big businesses to swear that they wouldn't buy extra machinery if it weren't for capital investment incentives. Why stack the deck against labour-intensive smaller firms?"

By this point — and even before Ottawa demands the right to audit the company's books at will — the independent businessman has had enough of government's "help". The E.T.C. applications land in the wastebasket and few workers get jobs.

Sadly, our bureaucrats regard the unemployed as playthings. Is there no salvation from bureaucratic "assistance"?

"Think small" is an editorial message from the Canadian Federation of Independent Business ©

SOFTBALL STANDINGS

TEAMS	GP	W	L	TP
Haliburton Legion	15	10	5	20
Lindsay Merchants	14	9	5	18
Bobcaygeon Merchants	12	8	4	16
Minden Merchants	13	8	5	16
Lindsay Juniors	13	8	5	16
Woodville Merchants	15	6	9	12
Fenelon Falls	13	3	10	6
Beaverton Merchants	13	0	13	0

GAMES PLAYED TO JULY 6th

Haliburton 11—Fenelon 4

Haliburton 5—Bobcaygeon 0

Minden 13, 15—Beaverton 2, 0

FUTURE GAMES

July 13—Jack and the Jesters at Minden

Tamarack
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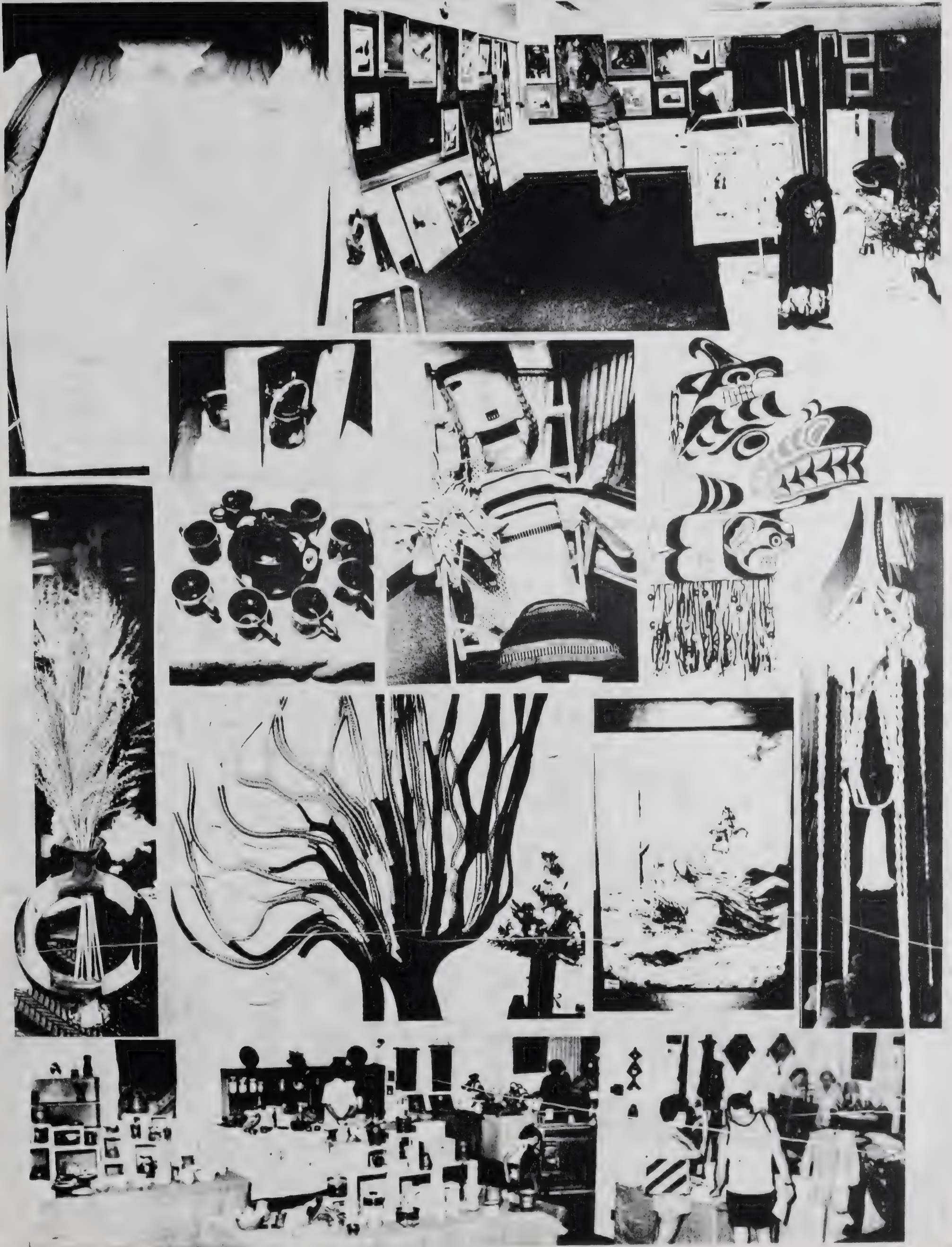
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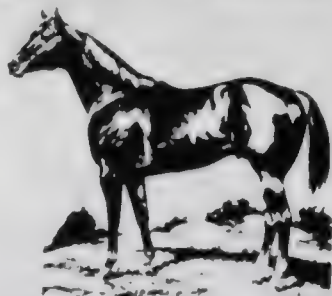


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DANGER PUBLIC PARK FAST USE AT OWN RISK CURRENT.

MINDEN — Two weeks ago five-year-old Michael Prochenko of Minden drowned when swept off his feet by the swift running current of the Gull River at Rotary Beach. Today, council for Anson, Hindon and Minden have erected the above two signs at the beach warning swimmers of the dangerous under currents.

Canadian Comment

BY PETER WARD

OTTAWA (SF) - Immediately after Prime Minister Trudeau decided that the people of Canada didn't really want a federal election this spring, the federal bureaucracy was sent into a frenzy preparing legislation. The PM's logic in public over postponing the election had it that Parliament was working well, hence work should be performed. He refused to admit that his decision had anything to do with his party's falling in the Gallup Poll. He needed new laws in a hurry.

The resulting economic legislation looked impressive on the surface, but much of it was badly drafted, and most of it was never intended to pass through the various stages of Parliament into law. Things like the legislation changing rules for small business are being touted as measures which will save billions annually for the 800,000 small entrepreneurs — but why weren't such intelligent steps taken years ago? The need was certainly apparent, but I guess it took the threat of a dicy election to bring them forward.

Mr. Trudeau even had a conflict of interest law introduced and that's something we've been promised for five years without seeing a sniff of it until now. Don't hold your breath waiting for it to become law and don't expect much of the other desirable legislation quickly either. It's designed to die on the order paper.

The law Mr. Trudeau really wants through is the legislation authorizing Ot-

tawa to pay \$85 to every income tax paying Quebecer. Quebec finance Minister Jacques Parizeau you'll remember, balked at

the proposals of federal Finance Minister Jean Chretien for cutting provincial sales taxes across the board, and all Quebec is opposing the new Chretien scheme.

The opposition was determined to fight that bill tooth and nail, forcing the government to use closure to get it through Parliament. The government wanted a stack of attractive legislation backed up behind the Quebec sales tax law to give an added incentive to the opposition in the sales tax law debate.

Once Parliament recesses for summer, then adjourns for a new session in the fall, all legislation not passed through every stage of the Parliamentary process dies on the order paper. That's what will

happen to those laws we want so much.

Should Mr. Trudeau decide that the polls are right for an election this fall, then he'll be able to have his troops charging in the campaign that the opposition in Parliament held things up so badly that needed legislation didn't make it into law.

Meanwhile, in the media, the government gets all sorts of credit for introducing things like the small business measures and the conflict of interest law, despite the fact that those proposals have never passed Parliament. Politics is a tricky business, and not always practiced to the best interests of the people.

Keeping your chin up is a good way to unexpectedly step off a high curb.

In the News



LOUISE RAINER used to be in pictures, now she paints them. The two-time Academy Award winner, 66, had a one-woman show recently in London. Many of her works are collages with stones and flowers stuck in the canvas as part of the scene.

Ask Alma

Dear Alma:

I recommended my lawyer to a friend some time ago. Recently, this same lawyer botched up a house settlement for us.

Since I've changed my opinion should I tell my friend that I no longer feel the lawyer is competent? — I Need Your Judgment

Dear Need:

No.

If he's pleased with the lawyer, you shouldn't butt in. If he's not pleased, he'll change attorneys of his own accord. Consider the case closed.

Dear Alma:

Recently I read that Charo has legally changed her age and is now 10 years younger. I'm all for the idea. I would like to change my age, too, except that I would add 10 years to mine so that I can start collecting on my Social Security NOW. Can I? — Fifty-two and holding

Dear Fifty-two:

It's the first good reason I've heard of to want to add years to one's age. I hate to add a wrinkle here but the legal process can neither add nor remove years on a birth certificate. Charo had an age discrepancy on her passport straightened out. It was erroneously dated 10 years earlier than her birth certificate.

Dear Alma:

Do you believe in old wives' tales? When we first married I wore size

7½ shoe and my husband wore size 12. Now, 20 years later, I wear size 9.

I've heard it said that when you live with a person long enough you start looking like each other. Is it true? — Growing Feet

Dear G.F.

Could be. But I'll bet your husband isn't the "sole" influence in your life. A large weight gain, especially from pregnancy can cause your feet to spread out requiring a larger shoe size.

My father's "old" wife used to tell me my feet would "grow" from going barefoot. Another superstition is that large feet are a sign of intelligence.

Dear Alma:

I hate being a housewife but would feel guilty leaving my kids with a sitter while I work. Is there a compromise? — Bored

Dear Bored:

Do you have a talent you can turn into an "at-home" business (giving macrame lessons, baking and selling a super apple pie, typing term papers, etc.)?

If this doesn't appeal to you I'd suggest you stop looking for a compromise. Leave your guilt at home along with the kids and a top-notch baby sitter and get a job. Good luck.

HAVE A PROBLEM at home or at the office? Write to ASK ALMA, P.O. Box 43, Closter, NJ 07624 and watch for the answer in this column.

FREE COPIES

of the Real Estate Guide

are available at most stores in the Haliburton Minden area as part of The Highlands Express. Individual copies of the Real Estate Guide may be found at PineStone Inn and Country Club, Wig-A-Mog Inn and The Wagon Wheel Motel, Chamber of Commerce Office, Minden and most real estate offices. They are also available out of town at the following locations:

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Robinson's General Store 766-2411
Clayton's General Store & Marine 766-2271

OUR WEEKLY BREAD



To live a long life we must check our attitudes. It does make a difference. Getting old is our societies legend of aging. It is this form of role playing that has made people feel old and lose interest in life.

Our attitude is our own and we can change it! By doing so we can add zest to our lives and the lives of others. —PM



\$44,900 3 two bedroom cottages on lot with 300 ft. safe sandy beach. About 2½ acres. Close to Minden, just off main Hwy. Cottages are insulated and furnished. Ideal for large family group or income.

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\$42,500 Fishermans Lake. 100 ft. sandy shoreline, 2 bedroom cottage plus 2 bedroom guest cottage, both furnished and nestled under white Birch and Pine. Year round access.

\$49,900 Large 6 bedroom cottage overlooking Beech Lake. Sandy shoreline, well treed. Cottage fully furnished and up-to-date. 3 washrooms, two additional lots may be purchased also.

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\$31,500 Kashagawigamog Lake. 3 bedroom furnished, modern kitchen, 4 pc. bath, broadloom, deck, great view, 100 feet excellent frontage. Joe Shapiera 286-2882 or 286-2459.

Who Does It Directory

Co-operative effort needed
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"The Canadian Home Economics Association is committed to assisting people in problem-solving for the purpose of improving the quality of their chosen life-style. In working to achieve this objective, we feel that co-operation with government agencies which provide services and protection is essential. While CHEA concentrates on developing self-help and responsible behaviour, the government agencies are concerned with protecting the rights of Canadians. The CHEA/Anti-Inflation Board efforts this past year exemplify this co-operation." Statement by Dr. Doris Badir, President of The Canadian Home Economics Association, shown right.



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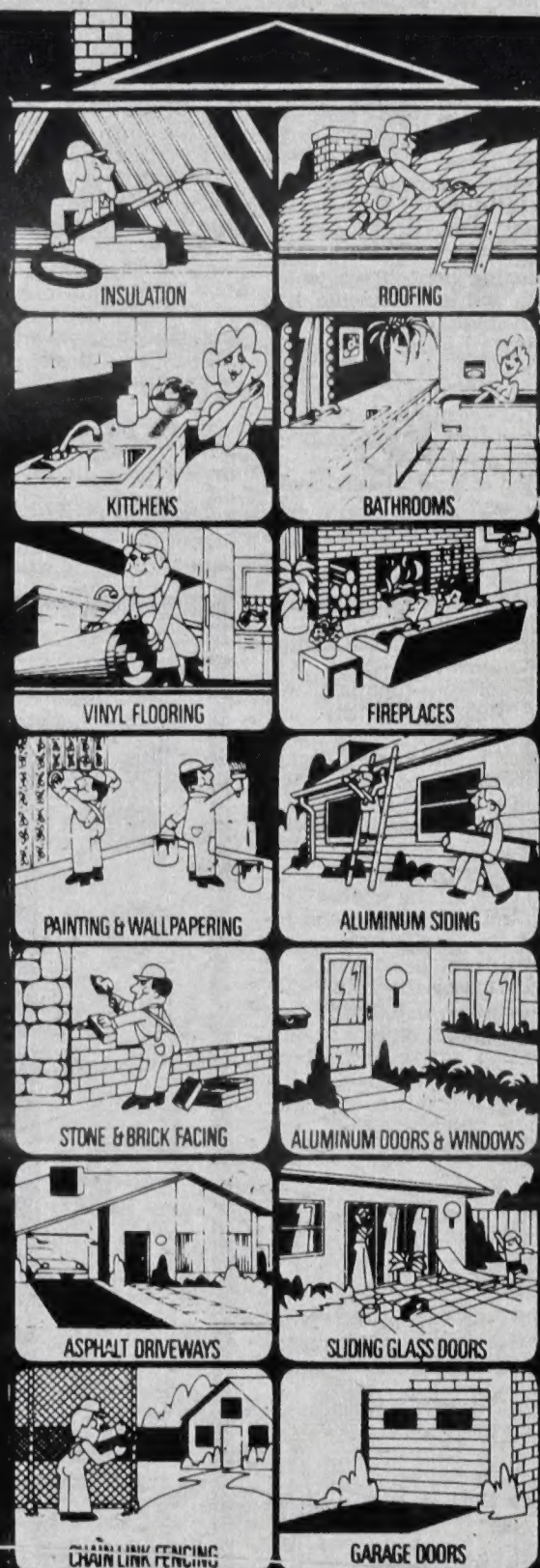
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OAK BUFFET, school desk rocking chair, and antique vanity. 754-2447. (25)

3 ROOM COTTAGE to be moved, wired for 220 stove, completely insulated, phone 754-2508. (25)

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14 ft. WOOD RUNABOUT with steering and throttle controls, needs minor repair, make an offer. Phone Doug 489-2163. (24)

SHEPHERD PONY, cart & harness, gentle disposition, drives well, good under saddle. Call 286-1792. (24)

BICYCLE, baby carrier fas tens to front, \$12. 286-1454.

1972 CHRYSLER Newport, A1, certified, ps, pb. Phone 447-2479. (24)

LADIES CLOTHING — long and short suits, size 12, 14 perfect condition, 286-1149. (24)

2 LABRADOR DOGS. Black 11 mon., Golden 12 Mon. Good homes wanted. Phone 754-2768. (24)

Summer evening GOWN — size 16, never worn, phone 457-2672. (24)

FRANKLIN WOOD STOVE, large 30" model, used one season, with screen, \$175.00 Phone 489-2036. (24)

Fender mount, trailer tow mirrors. Call 457-2672. (24)

FOR SALE

ROTO HAND PUMP, good condition, adaptor to fit any barrel or oil tank. \$15.00 — call 457-1499. (24)

DEER HOUNDS, experien ced Blueticks, Redbone, Black and Tan and Beagle. Call 754-2040. (26)

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Good ALUMINUM DOOR — all attachments, 3/4"x32x82, left hand hinge. \$25. Call 286-2529. (25)

1974 DUSTER, certified. 286 1116 evenings, one owner. (23p)

14" P20 Pioneer Chainsaw. Used 2 days. Auto. oiler — \$125.00. Call 766-2922. (23)

LADIES BICYCLE, stand ard, never used. \$65. Phone after 5 pm, 286-2154. (26)

SPOOL BED, school desks, cedar rails, chairs, windows ceramics, camping equip ment, many other items. 489-2297. (26)

2 Steel belted RADIAL tires good condition, D78-14. Call 286-1149. (24)

SINGLE BED, spring and mattress, metal frame. Plus a Woods tent 9x9, outside poles. Call 286-1012. (25)

Posturepedic 54" Mattress, used 1 month, very clean like new, cost \$96 sell for \$50 cash (rose pattern). Also a Pioneer chainsaw, 14" cut auto. chain oiler, new cond. cost \$189., sell at \$125. Par lour wood stove, new cond. used 3 months. Phone (705) 766-2922 Dorset exchange. All articles cash, no cheques

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PARLOUR WOOD STOVE, A1 shape, used 3 months — cost \$169., sell \$125. Phone 705-766-2922. (23)

14' Humber Jewel BOX TRAILER, phone 286-1116 evenings. (22)

SEA FLEA, 4x8', controls included. A1 shape, must be seen. 286-2012 after 6 p.m.

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13' fibreglas Sailing Snark, shallow cockpit, excellent condition. \$350.00 Call 489-2806, weekends. (27)

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1968 IMPALA, 307, ps, pb, good running order, needs some body work. Phone 754-2508. (27)

KITCHEN TABLE, 4 chairs oil space heater, Selkirk chimney, 5 pc. sofa, week ends, 489-2753. (27)

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COOKSTOVE in good con dition. Phone 286-1424 (10-5 pm) or 286-2340.

Saleable Items for Auction
 The Carnarvon United Church Choir is sponsoring an Auction Sale on Saturday July 22, 1978. If you have ANY items, books, furniture tools, appliances, dishes, nicknacks — you name it — that you will donate and would like to get rid of, please contact Carl Doey, 489-2866; Mrs. Mabel Rus sell, 489-2828; Mrs. Joan Fennell, 489-2755 or any member of the Choir. We will be pleased to arrange to pick up any items you may wish to donate. Pro ceeds will go toward the purchase of our new organ. (23-2c)

Coming Events

Haliburton Highlands Guild of Fine Arts
 Telephone (705) 457-1680
 Welcomes you to our 16th Annual 1978

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Card of Thanks

We wish to express our sin cere thanks to all our rela tives, friends & fellow em ployees from Ont. Hydro who gathered at the Minden Com. Centre on July 7 to make our going away party a happy & memorable one.

Special thanks to Fay Mansfield, Cindy Taseona, Betty Nunn, Bill Pollard & Dean Elliott. We could not have been more pleased with the oil painting of our former home in Carnarvon depicted by Kinnmount artist J. Moraal.

"Friendship is the only cement that will ever hold the world together."

Thank you, (27)

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SHY ZEBRAS prove curious but stick to safety-in-numbers theory. They're returning the gaze of humans curious about the striped critters at Jungle Habitat in New Jersey.



"Fine picnic this turned out to be! You forgot to bring the fire!"

Samantha READS YOUR STARS

If you were born this week: Home and family ties are of great importance to you. You are emotional and are sympathetic to the needs of others. You tend to soak up the emotional climate around you, so a healthy one is vital. Others seem to beat a path to your door for advice and friendship.

ARIES (3-21/4-19): You can perk right along this week, Aries. Practical projects and ideas make for the best brew; and be patient — don't try to hurry them. Keep the fog off your eyeballs, too, baby. You may not be seeing things as they actually are! And THAT could cause problems! Days schlep by.

TAURUS (4-20/5-20): You're busy as a bee, Taurus. Remember, though, you don't have to be a drone while you're collecting that nectar — you can still have fun! Later, it's hard to be objective when your passions are aroused, but do try anyway! Week's close is sweet as honey and twice as nice!

GEMINI (5-21/6-20): Consolidate your efforts by focusing on one or two major goals, Gem. Hard work will see significant gains made, including financial ones! Later, get your facts straight and don't be hoodwinked by a smooth talker!

MOONCHILD (6-21/7-22): You may have to restrain yourself slightly this week, Moonbeam. Enthusiasm is beautiful, but don't let it make you go off half-cocked! Later, romance brings delightful tingles, and days close with attention to details — hope-fully!

LEO (7-23/8-22): Puzzling news gives you something to think about, Leo. What change DO you want to make? Answer could come midweek in the words of a chance visitor. Later, look for the bright lights; dark corners hold secrets and their nasty cobwebs. You definitely don't need 'em, baby!

VIRGO (8-23/9-22): Batten down your financial hatches, Virgo, or unexpected whirlwind could empty your checkbook! Then, communi-cations are lively, and your

chief concern is choosing among several opportunities. How sweet it is!

LIBRA (9-23/10-23): The battle could be waged around you, Libby. If you're smart, though, you'll let your love of harmony help keep you out of the fray. Go meditate on a lotus blossom instead! Later, adventure beckons — make sure you have a parachute (that works!) before you do a skydive!

SCORPIO (10-24/11-22): It's rarely easy to learn something new, especially about yourself, and this week is no exception. Ah, well, Scorp, that's what makes life such a challenge, isn't it! Days continue with a D, for dizzy, droll and daily.

SAGITTARIUS (11-23/12-21): Week ahead is a real mix of activity and quiet, Sag. Tie up loose ends, complete projects, do a little lovin' and do a little thinkin'. Inspiration hits and you should strike while its fire is red hot.

CAPRICORN (12-22/1-19): Unsought advice is usually a drag for the one on the receiving end. Be sure you're not on either end this week, Cappy my pet! Days hold enough of the salty, spicy and sweet to really titillate your taste buds!

AQUARIUS (1-20/2-19): Look all gift horses in the mouth and don't accept anything at face value, Aquari. A gesture that seems perfectly fine could boomerang — with you in the target zone! Later, keep your own counsel and week comes to sunny fin!

PISCES (2-20/3-20): Don't be satisfied with wishy-washy maybes, Pisces; search for the facts. Expect behind the scenes scurrying and don't be surprised at sudden additions to your agenda. Love sends glowing rays through-out the week.



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